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# City of Long Beach



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## Parks and Recreation Department

# LONG BEACH RECREATION & SKUDIN SURF PRESENT: OCEAN SKILLS & SAFETY CLASS



## “Jr. Waterman” BOYS & GIRLS

*This class is designed for any surfer who wants to dramatically boost their ocean ability level! Enrollment is for boys and girls ages 6 – 16. Class meets Sunday evenings from 5:30 to 6:45 p.m. Participants must be comfortable in deep water. This program will be supervised by Cliff Skudin.*

***Start Date April 26, 2020***

**REGISTRATION:**    **LONG BEACH RECREATION CENTER**  
**700 MAGNOLIA BLVD**  
**431-3890**

**FEE:**                      **\$250.00 for Six (6) Session Program**  
*Checks or money orders made payable to Skudin Surf. Cash is also accepted.*

**Name** \_\_\_\_\_ **Age** \_\_\_\_\_ **DOB** \_\_\_\_\_

**Address** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Parent Name** \_\_\_\_\_ **E-Mail** \_\_\_\_\_

**Emergency Name** \_\_\_\_\_ **Emergency Phone** \_\_\_\_\_

**School Attending** \_\_\_\_\_

I, the parent or guardian of the below named child, give permission and approval for his/her participation in the Long Beach Parks and Recreation Department's Skudin Surf Program. I fully understand that my child must abide by all the Rules and Regulations set forth by the Parks and Recreation Department and further agree to explain to my child the Codes of Conduct set forth by the Long Beach Parks and Recreation Department. I also agree to follow those rules that apply to me as a parent and spectator. The Codes of Conduct can be found on the web at [www.longbeachny.gov/rec](http://www.longbeachny.gov/rec). I hereby authorize and give full consent to the City of Long Beach to use and or publish photographs or video in which my child may appear while participating in Parks and Recreation programs and grant permission for publication or use of those images.

I understand that payment is non-transferable and non-refundable. **Parent Signature** \_\_\_\_\_

*For Rec Staff Use:*

Receipt # \_\_\_\_\_ Amount Paid \$ \_\_\_\_\_ Proof of Age \_\_\_\_\_ Date \_\_\_\_\_ Staff \_\_\_\_\_

# CITY OF LONG BEACH

## Parks and Recreation Department

### **ELIGIBILITY REQUIREMENTS FOR OCEAN SKILLS & SAFETY**

1. Children residing in the Long Beach City School District and/or attending Long Beach Schools are eligible to enroll in the Ocean Skills & Safety Program beginning March 1, 2020
2. Registration begins for Non-Residents on March 26, 2020
3. Ocean Skills & Safety is open to boys and girls ages 6 – 16
4. Sunday dates are April 26, May 3, 17 and 31 and June 7 and 14

**Session time is 5:30 p. m. to 6:45 p. m.**

### **EXAMPLES OF CLASS STATIONS**

1. 25 yard pool – Stand up paddle session includes all equipment. This will develop proper stance, paddling and steering. This exercise strengthens the core, flattens the stomach, and strengthens the lower back. This core development is essential for surfing.
2. 25 yard pool – Stroke mechanic instruction will develop the technique in all phases of instruction on the proper strokes.
3. Diving tank – Open water ocean survival skills with underwater games and balance training.

